Find out how you can

Step Up & Scale Down

Call your county office of the Texas

A&M AgriLife Extension Service

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County Extension Agent
Tom Green County
113 W. Beauregard
San Angelo, Texas 76903

Phone 325-659-6527

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Or visit us online at:

Tomgreen.agrilife.org

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.







A 12-week program

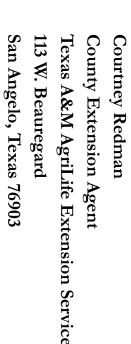
to help you move toward a

healthier weight

and meet your goals

for living a healthy lifestyle.





Place Stamp Here Do you feel the need to...

Step Up & Scale Down

in your life?

Step Up & Scale Down is a 12-week educational program based on the USDA 2010 Dietary Guidelines, which are intended to help Americans choose a healthful eating plan within their calorie requirements to achieve and maintain a healthy weight. The Dietary Guidelines provide sound

scientific information about how proper

dietary habits can promote health and

reduce risk for major chronic diseases.



Weekly Sessions

- 1. Scale Down by Setting Goals
- 2. Step up to a Healthy Plate
- 3. Scale Down by Label Reading
- 4. Step Up to Breakfast and Menu Planning
- 5. Scale Down with Moves to Lose
- 6. Step up Your Hydration
- 7. Scale down by Finding Your Motivational Mojo
- 8. Step up to Healthy Snacking
- 9. Scale Down with a Colorful Plate
- 10. Step up to Successful Socializing
- 11. Scale Down by Knowing Your
 Numbers
- 12. Step Up and Celebrate

Class Series Begins: April 4th!

Location:

County Extension Office 12-1:00 PM

Cost:

Sign Me Up!

____Yes, I want to Step Up to the Challenge! Please register me for the 12-week class series that begins April 4, 2016!

Name
Address
City
Zip Code
Email
Phone

Please fill out the form above. Then cut off the form, add a stamp, and mail to your County Extension Agent or call 325-659-6522 to be put on the list.